

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

Disintegrates over 5 hours for timed-release benefit.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA



GLUTEN  
FREE

**GNC**

# B-Complex Complete™

**TIMED-RELEASE**

Metabolism & energy  
production\*

Immune &  
nervous  
system  
functions\*

**60 CAPLETS**

**30-DAY SUPPLY**



**DIETARY SUPPLEMENT**

CODE 248612

CUG

**DIRECTIONS:** As a dietary supplement, take two caplets daily.

## Supplement Facts

Serving Size Two Caplets/Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene and 50% as Retinyl Acetate)...	3000 mcg.....333%
Vitamin C (as Ascorbic Acid).....	500 mg.....556%
Vitamin D (as Cholecalciferol D-3).....	10 mcg.....50%
Vitamin E (as d-alpha Tocopheryl Succinate).....	82.6 mg.....551%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate).....	75 mg.....6250%
Riboflavin (Vitamin B-2).....	75 mg.....5769%
Niacin (as Niacinamide and Niacin).....	75 mg.....469%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	75 mg.....4412%
Folate.....	667 mcg DFE.....167%
	(400 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin).....	250 mcg.....10417%
Biotin.....	75 mcg.....250%
Pantothenic Acid (as Calcium d-Pantothenate).....	100 mg.....2000%
Iron (as Ferrous Fumarate).....	18 mg.....100%
Selenium (as Hydrolyzed Rice Protein Chelate).....	50 mcg.....91%
Copper (as Copper Gluconate).....	2 mg.....222%
Chromium (as Hydrolyzed Rice Protein Chelate).....	25 mcg.....71%
Citrus Bioflavonoid Complex.....	100 mg.....*
Panax Ginseng Root Extract.....	50 mg.....*
Guarana Seed Extract ( <i>Paullinia cupana</i> ).....	50 mg.....*
Licorice Root Powder ( <i>Glycyrrhiza glabra</i> ).....	25 mg.....*

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Ethylcellulose, Shellac, Silicon Dioxide, Magnesium Stearate Vegetable Source, Talc, Carnuba Wax.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lot No./Best By:

